

Application for Region 5 Officer

- Print this page, and then answer the questions, using separate sheet(s) for items #1-4...

OR...

Complete all questions in Microsoft Word, and then print the completed application.

- Mail your completed and signed application to: Region 5 Secretary
17595 W. Dartmoor Dr.
Grayslake, IL 60030-3016
- **Also**, Email a copy of this application to: susan.m.oa@gmail.com
(Questions about this? Contact the Region 5 Secretary)
- Applications must be received by the Region 5 Secretary by September 1, 2016.

Full Name: CJ M

Address: On file

Number of Years in OA: 6.92

City: Palos Park

Name of Home IG: CHI-WIF

State / Province: Illinois

Currently a Region 5 Rep? yes

Zip: 60464

Previously a Region 5 Rep? yes

For which office are you applying?

Chair X Vice Chair Treasurer Secretary

Expand this area as needed.

- 1) Give a brief account of your O. A. story:
- 2) Give a summary of your O. A. service:
- 3) Explain why you would like to be a Region 5 officer:
- 4) Explain any skills or experience you would bring to the Region 5 board:

Responsibilities and Duties of Region 5 Officers are listed in the Policies and Procedures in Article II. By signing this applications, you certify that you meet the qualifications for Region 5 Officers can found in the Region 5 Bylaws, Article VI, Section A.

Signature:  _____

Date: 8.24-16

1. Give a brief account of your O.A. story:

My first OA meeting was on September 9, 2009. I went to a newcomer's session which talked about the first 3 steps and it was followed then by a regular meeting. It was nothing like I expected. I expected it to be like any other diet club but there were no scales or food for sale. When we read the steps together as a group I was really confused. I was pretty sure that I was powerless over food, although I had never heard it put that way, but I was quite sure that my life was not unmanageable. It's amazing how a food fog can make insanity seem normal.

That first night I heard two wonderful speakers. Both ladies had lost over 100 pounds and kept it off and that is what I wanted so I kept coming back to find out more about how this could happen for me. My husband and I were traveling to New Zealand in September of 2010 and I did not want to return to New Zealand weighing over 280 pounds and wearing a size 24. I had a big dream and was willing to go to any length.

I got a sponsor the second week I attended a meeting and I worked with her through the first three steps. I am so thankful that I had such a strong beginning to my program. I was encouraged to serve the fellowship and that kept me coming back each week. I worked with a sponsor through all the steps. One of my home meetings is the Back to Basics meeting and I work with others to help them through the steps. It is a joy to work with my fellows and encourage them to also work with others. We cannot keep this gift unless we are willing to give it away. By the grace of God and the love and support of this fellowship, I have lost over 80 pounds and kept it off for six years.

2. Give a summary of your O.A. Service:

I started giving service at my original home meeting by being the hugger and greeter for that meeting because it did not require any length of abstinence, but it did give me a purpose in returning to the meeting each week.

I was the Intergroup Rep for my home meetings and those meetings were in two different Intergroups, so I attended meetings for CSSI and CHI-WIF Intergroups for a while.

I started attending the Region 5 Assemblies as the Intergroup Rep for CHI-WIF about four years ago and I have served on various committees for Region 5. I really enjoyed working on the Region 5 Convention in 2015 in Schaumburg.

I have been one of the WSBC delegates from CHI-WIF for the last 4 years and it has been my honor and my privilege to be the Delegate Co-Chair of the 12th Step Within Committee for the past two years.

I am currently serving as the Chair of CHI-WIF Intergroup. I have previously served as the Butterflyer (our monthly newsletter) editor and treasurer.

At the group level I have served as meeting leader, speaker, and treasurer and worked on workshop committees.

3. Explain why you would like to be a Region 5 officer:

I admit to feeling woefully inadequate for the position of Region 5 Chair. The current Region 5 Chair has done such an amazing job of leading our fellowship. She is a hard act to follow.

I feel compelled to give back to the fellowship that has changed my life for the better in so many ways. The weight loss was nice, but the change in my attitude toward life and my relationships with others has dramatically improved because of what I have learned by living in the steps and being a part of this wonderful fellowship. I have learned that it is not always about me – in fact it is never really about me. Life is so much better since I came to believe that a

Power greater than myself could restore me to sanity. My goal each day is to love God and serve others and to serve God and love others. I want to continue to be of service to the fellowship.

4. Explain any skills or experience you would bring to the Region 5 board:

If willingness to serve is a skill, then I claim it.

If experience includes serving as Chair of the IG, then I claim it.